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what's good

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That's What's Good

An intro to your intro to Burlington By Dan Bolles

Repeat after me: Change is good.

If you happen to be an incoming college student — which, if you're reading this, you likely are — change will be a dominant theme in your life for the next few years. For most of you, college is the first time you're living away from home. That's a big change. No longer will your parents feed, clothe and love you. OK, they'll probably still love you. But you're on your own for laundry.

A number of you are not only leaving the nest, you're landing in an entirely new city — and for some, a new state or country. That's another big change. BTW — that's shorthand for Burlington, see "WTF, Vermont?" on page 19 — is a quirky place. Even if you grow up here, navigating the area as a newly independent adult is a challenge. But like changes, challenges are good, too.

What's Good is here to help you find your way. Year after year, the staff of Seven Days — Vermont's alternative weekly newspaper — crams this sucker full of everything that's

good about living here. Within these pages, you'll find smartly curated selections of places to eat, shop, adventure and generally have a good time. We've endeavored to identify the people and places that make Burlington feel like home to us. After all, it's your home now, too.

If you're looking for the best of the best, you'll find it here. But the streamlined guide comes with a caveat. If it's in What's Good, you can consider that an endorsement. But if something isn't included here, that doesn't mean it's not worth your time. We've left out a few things, sometimes by necessity — we could write 1,000 pages on Vermont and still have more to say. And we can't spill all of the state's secrets here; there is some knowledge that just needs to be earned.

So here's your first homework assignment: Use What's Good as a starting point to figure out what's good to you. Get out there and explore your surroundings. Embrace change. You'll be rewarded. **WTF**



UNCOVERED

We imagine you picked up your copy of What's Good, saw the front cover and thought, Whoa! That's a lot of skin! FYI, the scene depicted is UVM's Naked Bike Ride, which has become a nifty — and depending on the weather, rippy — local tradition. (See "Vermont A-to-Z," page 13.)

Generally, Vermont is pretty relaxed when it comes to baring it all. While not quite encouraged, public nudity is not illegal. However, there's a big butt, er, butt — at least in Burlington. You should know that it is illegal to sunbathe naked in city parks. Stripping in public is generally a no-no. Also, no nude lewd or lascivious conduct is tolerated anywhere in public view — that includes flashing at Mardi Gras. So save the hanky-panky for your dorm room, OK?



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Who Are These People?

Meet the What's Good writers



Dan Bolles

@danbolles

Seven Days music editor Dan Bolles has one of those names you kinda just want to say in full. (Dan Bolles, See? Dan Bolles loves music, barbecue, the Boston Red Sox and his dog, Buckleg, not necessarily in that order. Dan Bolles was once in a college a cappella group, a fact that he tries to keep secret.) So Dan Bolles asks that you not tell anyone.



Courtney Copp

Courtney Copp may be two or three years off the average college student, but the Burlington native knows her way around the city's social scene. Let's just say she's had her fair share of late-night shows at Mr. Mike's and loves it at that. OK, fine. Throw in some Nocturne's gray fries for good measure.



Ethan de Seife

Ethan de Seife has been employed as a frozen yogurt vendor, golf cart scrubber and movie-theater ticket taker, so it was with some unwillingness of pride that he took a writing job with Seven Days in 2013. He can usually be found eating cheese and listening to old LPs.



Hannah Palmer Egan

@hdpalmer

Hannah Palmer Egan is a food and drink writer — aka resident alcoholic glutton — at Seven Days. Before moving home to Vermont (yes, you can go home again, even if it seems unthinkable now), she lived in New York City, where she ate and drank professionally for the Village Voice, WCE and the New York Daily News. Cheers!



Carolyn Fox

Carolyn Fox, a Champlain '09 grad, earned her degree in three and a half years and joined Seven Days two weeks before college graduation. These days, the reformed overachiever spends her free time road-tripping throughout Vermont on a quest to find the best, well, everything. She's lived here 10 years and isn't bored yet.

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Vermont A-to-Z

A 26-letter tour of your new home state *By Carolyn Fox*

Don't know a lake monster from a Vermonster?

Think a woodchuck is the same as a groundhog? *Jeezum Crow*, you're such a Norlander!

There's clearly a lot you need to learn about living here. We've compiled this cheat sheet to help you nail the Vermont vernacular. Study up, and you'll pass for a local in no time.



ANTI-BILBOARD LAW: Vermont is known for its natural beauty — and that's partly cuz there are no billboards blocking the view. They've been banned here since 1968.

BERNIE: Vermonters are on a first-name basis with Sen. Bernie Sanders, the crazy-haired, self-proclaimed socialist who's running for president in 2016.

CREEMEE: This is Vermont-speak for soft-serve ice cream. Try the maple flavor.

D E CHAMPLAIN, SAMUEL: In 1609, the French explorer "discovered" what we now call Lake Champlain. There's a statue of him in the Champlain College quad.

E LEVEN STORIES: That's the number of floors in Burlington's Decker Towers apartment complex. At 124 feet, it's the tallest building in Vermont — and the shortest tallest building across all U.S. states.

F LATLANDER: Generally an insult, this nickname is for anyone who wasn't born in Vermont — and it applies even if that person is from the mountains of Colorado or has lived here for decades.

G AY MARRIAGE: Vermont was the first state to introduce civil unions, in 2000, and the fifth to legalize same-sex marriage. Here and queer? We're cool with it.

H EADY TOPPER: This double IPA, made by the Alchemist brewery in Waterbury, has been ranked the No. 1 beer in the world. If you're a hophead, you've gotta try it — when you're 21, of course.

I SLANDS: There's nothing tropical about Vermont's islands, but Lake Champlain has dozens of them — five of which you can actually drive to via Exit 17, Island getaway, anyone? Flip to page 47 for road-trip inspiration.

J EEZUM CROW! Nope, it's not the state bird. It's actually a Gristle way to say "Jesus Christ" in rural Vermont.



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Vermont A-to-Z



K ALE: This leafy superfood is the star of Bo Muller Moore's popular "Eat More Kale" T-shirts and bumper stickers. The Montpelier artist beat out big, bad Chick-fil-A when the chain claimed his phrase was too similar to its "Eat Mor Chikin" slogan.

LAKE MONSTER: Over the centuries, hundreds of people have reported spotting a dinosaur-like creature in Lake Champlain. Hoax or not, the legend is so well known that "Champ" is the mascot of Vermont's minor-league baseball team, the Lake Monsters, as well as the name of a radio station and a couple of car washes.

M CDONALD'S: Carving an Egg McMuffin? Don't bother looking for the golden arches in Burlington. Even Montpelier, the state capital, doesn't have a Micky D's. Instead, try Handy's Lunch and its famous McHandy, or Kountry Kart Deli, home of the **RISE & SHINER** (see page 16).

N EGATIVE 50°F: That's the coldest temp ever recorded in Vermont. Be glad you weren't here on December 30, 1933. Last winter, Burlington never dipped below a comparatively balmy -19.

O HIO CITY: Along with "Burlington's Brooklyn" and "the 'Noosk," this is a nickname for Winooski, a small city across the river from BTU. Its name, of Native American origin, means "wild onion."

P HISH: True Fish heads already know that this phreakin' awesome jam band was formed at the University of Vermont in the '80s.

Q UEEEN CITY: This nickname for Burlington has nothing to do with drag queens — although we're proud of the few we have here. It's actually a common term given to large port cities that dominate a state's economy.

Vermont A-to-Z



RISE & SHINER: The infamous hangover/munchies sandwich satisfies 20 hours a day at Kountry Kart Deli on Main Street in Burlington. The Rise & Shiner is best with bacon, hash browns, egg and cheese.

SUBARU: The Japanese-made hatchback is Vermont's unofficial state car. Pretty much everyone has one, because the all-wheel drive provides crucial traction in mud and snow. It also guzzles less gas than most SUVs. And there's plenty of room in the back for your skis and other outdoor crap.

TOWN MEETING DAY: The Boston Globe recently called this state holiday, held on the first Tuesday in March since 1762, "a big ol' heap of

democracy." State offices and schools close so citizens can debate and vote on local issues.

UVM NAKED BIKE RIDE: On the last day of each semester, UVVerns flash their birthday suits on a midnight bike ride — or run, depending on the conditions — across campus. Grrr and bare it!

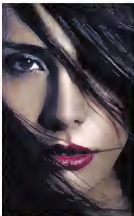
VERMONSTER: Every year, some idiotic freshman orders this insane, 20-scoop sundae from Ben & Jerry's — and proceeds to barf it up all the way back to campus. Don't let that be you.

WOODCHUCK: This is the opposite of a **FLATLANDER** (see page 13): It's slang for a proud native of rural Vermont.

X-RATED: Whether it's out of curiosity or ink, every college student eventually makes a pilgrimage to Good Stuff, an adult store on Burlington's Church Street Marketplace. From porn to sex toys, the stock is X-rated, so you have to be 18 to go in.

YARN BOMBING: This is like graffiti, if you replace the spray-paint with, um, knitting. Burlington's renegade street artists have yarn bombed everything from public sculptures to tree trunks.

ZERRA MUSSELS: Watch out for this invasive species in Lake Champlain — these sharp-edged mussels can slice up your bare feet. Also in the water: toxic algae blooms and manure runoff from farms. Sweet. 



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WTF, Vermont?

Answers to your questions about local oddities

By Dan Bolles

The Green Mountain State is a strange place — it's part of the charm. There are things about life here that make even seventh-generation Vermonters stop and say, "What the eff...?"

To help make sense of it all, we at *Seven Days* search high and low for answers to questions about local quirks in a column we call *Whiskey Tangle Footprint* (WTF — get it?) Check it out every other week in the paper or online, and read on for some of the most interesting and flat-out bizarre queries we've addressed over the years. If you've got a mystery you'd like us to solve, let us know at wtf@sevendaysvt.com



Why is Burlington abbreviated as BTV? Shouldn't it be BVT?

The Queen City's dyslexic shorthand is indeed a mystery. And the answer is fairly unsatisfying: BTV is simply the airport code for the Burlington International Airport. Why not BVT? No one knows.

When commercial aviation took flight in the 1930s, the Federal Aviation Administration gave every civilian airport in the country a unique four-letter code. (Fun fact: Airport codes all technically start with "K," but that letter is usually left off your boarding pass.) Most of the codes make sense: BOS for Boston, ATL for Atlanta, etc. But for reasons no one has stepped up to explain, Burlington was given BTV, even though there isn't another airport in the world coded as BVT. Weird, right?

Still, it could be worse. Just ask passengers who fly out of Sioux City Gateway in Sioux City, Iowa (SUX), Brazil's Poços de Caldas Airport (POC), Paris International Airport in Russia (PEE) or Butler Memorial Airport in Missouri (BLM).



Seriously, what's up with the "cut consumption not foreskin" house on Burlington's Colchester Avenue? And why is it purple?

Don't worry, the "foreskin house" is not some weird fact. The house has long been painted purple with pink polka dots — it was a childhood dream of the enigmatic owner, Jerri Kohl. And in 2009, Kohl — a software developer, environmentalist and maybe-nudist who moved to Vermont from the Bay Area — painted the slogan on his house as a two-pronged statement advocating sustainability and decrying circumcision, which he sees as genital mutilation.

"The message really is that simple," Kohl told *Seven Days*, adding that he wanted the statement to be humorous but provocative. "There's nothing hidden."

Well, except maybe one thing. ➡

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Bonjour! Pourquoi ne sont pas tous les guichets automatiques du Vermont offre française?

Why don't more ATMs in downtown Burlington offer a French language option? That's a great question. All we can really say is, *Nous ne savons pas!* (We don't know!)

By our count, only two of the eight banks and credit unions downtown allow you to do your ATM banking en français. That's odd, given that there are more than 10,000 native French-speakers in Vermont, and several times that many who visit annually from Quebec — that's our neighboring Canadian province, BTW. There were roughly 480,000 Quebecois visitors to Vermont last year alone, and they spent about \$105 million. That's an awful lot of loonies to pass back and forth in a foreign language — in their case, English.

A spokesperson at one local credit union told us his facility hadn't added a French option "for no real scientific reason," but that they probably should to accommodate all of our French-speaking friends. On the plus side, at TD Bank's downtown ATM, customers can choose from 14 languages, including Shqip, the national language of Albania. *Salut, bleu!*



Does Mike Myers live in Vermont? Cuz I'm pretty sure I just saw him at City Market.

We can neither confirm nor deny that the Canadian comedian who played Austin Powers and Wayne Campbell from *Wayne's World* owns a home in Vermont. But given numerous sightings around the area in the last year or so, we're pretty sure he spends some time here. His handlers — and numerous local real estate agents — refused to shed any light on the matter when we looked into it. We suspect that's probably because Myers, if he did indeed

buy a home here, wants to be left the hell alone.

Plenty of other famous types find refuge in the Green Mountains. Actors Lun Garmén and

William H. Macy have homes here. Songwriter Neko Case lives in the Northeast Kingdom. Author John Irving lives in Dorset. Why? For one thing, Vermont is awesome. For another, it's a good place to get away from it all — especially from starstruck fans.

So if you do happen upon Myers at the co-op, try to refrain from yelling "Yeah, baby!" at him. Dude probably just wants to pick up some organic kale and kombucha like the rest of us.





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Did I see a teepee just off of I-89 when my 'rents drove me up from Connecticut?

Strangely, yes. The teepee belongs to Dennis Pratt. And it's actually his second — the first, erected eight years ago, blew over in a storm on New Year's Eve 2012. The new one is much bigger and more colorful. Because it's built on a spit of land across the Winooski River from Pratt's home, he accesses it via zip line — though there is a primitive road to it that is not visible from the highway.



"I've taken that zip line with a 12-pack of beer in my berth," he told *Seven Days*.

Inside, the teepee is decked out like a bio lounge, complete with a bamboo bar, fake palm trees, a stereo and a fireplace.

I've heard Vermont consistently ranks right up there for melanoma. But I haven't seen the sun in, like, three months. How is that possible?

That's precisely why. Because we spend about nine months of the year indoors, our risk factor for sunburns greatly increases in those times we do



get out in the sun. Not so for people who are more acclimated to the sun's rays.

Skin cancer tends to develop when pale white people spend too much time in the sun. Vermont is 94.5 percent white. You're in college, so you can do the math, but that's a lot of pasty skin. Hence, higher rates of melanoma. Between 2005 and 2009, roughly 29 out of every 100,000 Vermonters had melanoma, compared to 19 out of 100,000 nationally.

Moni of the story: Sun-block is your friend, even in the winter.

So I went to buy some maple syrup for my folks and noticed a sign that read "State of Vermont Pure Maple Syrup Sold Here." I nearly spit out my sugar on snow! The logo on it looks like a ... well, you know.

Like a dude taking a leak into a wooden barrel? Yep. It sure does.

Oddly enough, that logo has been in use by the Vermont Maple Sugar Makers Association for at least a decade — the sign is given exclusively to its 1,000 or so members. And you're not the first person to chuckle at

it. *Business Insider* included it in a 2014 list of the "15 Worst Corporate Logo Fails." Other logos on that list included a poorly punctuated sign for Rick's Exchange — it



read kidwexchange — and a 1973 logo for the Catholic Church's Archdiocesan Youth Commission that appeared to feature an altar boy and a priest ... er, never mind.

The VMSMA is well aware of the sign's high snicker factor but has no plans to abandon it anytime soon. That's in part because the state recently changed its maple syrup grading system — which includes descriptors such as "golden color with delicate taste." So the VMSMA wants to give the public time to adjust to that before other changes, um, trickle in. *wag*

The Main Events

Hip happenings throughout the year By Courtney Coppel

Have you heard of experiential learning?

That's a fancy term for the school of life, and we suggest you embrace it. Your social calendar is just as important as your academic one, so we've compiled a syllabus of grade-A events to get you off campus and out into the community. Pick up the latest issue of *Seven Days* or visit sevendaysvt.com to keep your planner filled all year long.

South End Art Hop

Love art? Love local food? Love crowds? If so, the South End Art Hop is the place for you. This creative convergence draws upwards of 30,000 visitors to Burlington's South End Arts District. There, more than 500 area artists display their work—including red clothing designs in the famed STRUT Fashion Show. Live music and outdoor sculptures line Pine Street, while food trucks supply tasty eats to fuel your artistic adventures. Come hang with *Seven Days* at a big party behind the Malbox Building, Friday, September 11, through Sunday, September 13, Pine Street corridor, Burlington. seabox.com



GRAND POINT NORTH

Gracie Pottor, Vermont's resident rock star, hosts this music fest each September on Burlington's picturesque waterfront. Local talents sound off alongside national acts which this year include the Flaming Lips, Sheryl Crowe and Meco Bonaventura. Saturday, September 12, and Sunday, September 13, Waterfront Park, Burlington. grandpointnorth.com

VERMONT INTERNATIONAL FILM FESTIVAL

Cinephiles keep their eyes glued to the big screen at this annual showcase of international, independent and local flicks. Ten straight days of movies equals lots of popcorn. Friday, October 23, through Sunday, November 1, various Chittenden County locations. viff.org



WINTER

Vermont Burlesque Festival

Winter in Vermont is cold. This sleazy scene heats it up with comedy, sex appeal and over-the-top theatrics. In past years, top talents such as Pink Lady, Scarlett James and Russell Bruner mixed class and sass in one-of-a-kind acts. Local charities benefit from this raucous roundup, so think of attending it as a community service project, or something. Thursday, January 21, through Saturday, January 23, various Chittenden County locations vermontburlesquefestival.com

WINTER IS A DRAG BALL

Subzero temps are no match for the drag queens and kings at this annual gender-bender. The benefit for the Vermont People With AIDS Coalition brings big hair, fancy costumes and plenty of sparkle to the party. February, Higher Ground, South Burlington highergroundmusic.com



BURLINGTON WINTER FESTIVAL

A highlight of the frosty fare is the Penguin Plunge, during which costume-clad swimmers dive into Frigid Lake Champlain to raise cash for Special Olympics Vermont. Legal? Don't miss the Hotel Vermont Ice Bar, with custom cocktails and on ice legs. Talk about chilling out. Early February, downtown Burlington and Waterfront Park specialolympsvermont.org, hotelvt.com

SPRING

Waking Windows


Three days, 11 venues and more than 100 bands add up to one festival to remember. Local, regional and national artists descend on the Onion City for a super-hip spring showcase of indie music, art, fashion, comedy and food. The best part of this nonstop party? Every show is within walking distance of the next. Just be careful navigating the roundabout. Early May, downtown Winooski wakingwindows.com



MAGIC HAT NARDI GRAS

Burlington transforms into the Bourbon Street of the North at this bayou bash hosted by Magic Hat Brewing. Grab your masks and head to the Church Street Marketplace for live music, beads and a procession of floats down Main Street. This is a family-friendly affair, so the only thing you should flash is your smile. Late February/early March, downtown Burlington magicchat.net

GREEN MOUNTAIN COMEDY FESTIVAL

What better way to close out the school year than with laughter? More than 100 local, regional and national comedians dol out guffawing standup, improv and sketch comedy at the funny fest. Past headliners have included Tig Notaro, Todd Barry and Wyatt Cenac. Late May, multiple locations in downtown Burlington greenmountaincomedy.com 



Caroline Rose

Press Play

A matapa-style crash course in local music **By Dan Sellen**

Unless you lived under

a rock/culture moving to MTV, you're no doubt familiar with *Friday and Dance Potter*.

— Vermont's two most famous musical exports. But that's just the start of our music scene. There are more shows happening every weekend than you could possibly see. And there are hundreds of local albums released each year. Want to get down and dirty to house music or hip-hop? Ponder to rock out with wacky hipsters and punks? You'll find it all here.

Together you go, we put together this list of music highlighting the best music made in Vermont in the last year or so. But for full sonic satisfaction, you're gonna have to do your own homework—get out to shows, tune in to local radio stations (by UVM's WRUJ 90.1 and 105.9 FM the Rediator), and turn to music coverage in *Seven Days* and at sevendaysvt.com. Your site will thank you.

CAROLINE ROSE, "BLOOD ON YOUR BOOTHEELS"

carolinerosemusic.com

Last year we predicted that Caroline Rose would be Vermont's next breakout star. And Rose made us look good, scoring reams of praise for her spectacular 2014 record, *I Will Not Be Ashamed*. Check out the soot-potentially charged lead single "Blood on Your Bootheels," a biting, timely track that premiered this year via NPR Music and helped put Rose on the national map. Expect a new EP—and some switch toward psychedelia—soon.

MADAILA, "GIVE ME ALL YOUR LOVE"

musicofmadaila.com

If Rose was Vermont's breakout star in 2014, the honor in 2015 could well belong to Madaila. Led by ex-Chamberlain front man Mark Daly, the band's aptly titled 2015 debut, *The Dance*, is easily among the year's best. "Give Me All Your Love," from that record, shows why: ambitiously fusing sticky electropop hooks and hip R&B sensibilities that make you move and groove.

BARISHI, "IN THE HOUR OF THE WOLF"

barishi.bandcamp.com

Though it tends to fly a little under the radar, Vermont's metal scene is legit. (Pro tip: Check out the weekly Metal Monday series at Club Metronome.) Recently signed and hailing from the wilds of Jamaica, Vt., Barishi are on the cusp of becoming the Green Mountain State's next great heavy-metal export. Gritty and explosive, "In the Hour of the Wolf" is a fine example of their punishing take on prog-metal.

PHIL YATES & THE AFFILIATES, "BURN IT DOWN, BERNADETTE"

philyates.bandcamp.com

Phil Yates loves Elvis Costello. Therefore, we love Phil Yates. If you don't know who Costello is, cue up Brutal Youth on Spotify right now, young grasshopper. We'll wait... OK, now greet Yates' "Burn It Down, Bernadette," a spin. We know, right?

TOUCHPANTS, "GLORY HOLE"

touchpants.com

Fair warning: Touchpants are the most disgusting and brazenly offensive band we know of, in Vermont or otherwise. But if you're in the mood for their sub-juvenile humor — and are not easily offended — you'll think they're hilarious. We can't actually describe this song, for fear of being jailed for public indecency. But it's called "Glory Hole," so use your imagination. Or maybe don't. Fun fact: The band's drummer is none other than Phil's Jon Rahner.

MARYSE SMITH, "I GOT A JOB"

meryseasmith.com

On her self-titled 2015 record, Burlington songbird Maryse Smith collaborated with composer Michael Chorney, who is perhaps best known for helping Anais Mitchell sculpt her sound early in her career. The results are similarly stunning: rustic, ethereal and recalling the musical symbiosis of Gillian Welch and David Rawlings. "I Got a Job" is a favorite from a record full of them.



Barishi



Phil Yates & the Affiliates



Touchpants



Maryse Smith



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Burlington, Vermont

Press Play



POURS, "UNVEILED"

poursmusic.com

Pours' self-titled debut album, released on local imprint Section Sign Records, was beset by delays. It proved worth the wait, precisely because of cuts such as "Unveiled." The song is emblematic of the duo's best qualities, melding spectral synth and guitar melodies with cascading percussion and fragile, crystalline vocal work.

TWIDDLE, "CLASSICAL GAS"

twiddlemusic.com

Though it's no longer the state's musical calling card, jam music is still beloved throughout the Green Mountains. Often cited as the heir apparent to Phish—they're probably not, but it's a nice sentiment—Twiddle are at the head of the jam-band class. Like the rest, they're best experienced live. So "Classical Gas," from the band's 2014 record *Live at Nectar's*, is a good place to start.

ARGONAUT&WASP, "PISTOL PUMP FUNK"

argonautandwasp.com

So you think you can dance? Great. You're gonna love Argonaut&Wasp. The Burlington electropop outfit deftly blends bass-dropping elements of house music with bright indie jangle and some of the catchiest hooks around. The result? Songs such as "Pistol Pump Funk," from the band's 2015 debut, *Future Protocol*. It's hard to be in a bad mood when this tune hits your speakers.



Pours

PHOTOGRAPH BY NATHAN BLAND



Twiddle



argonaut&wasp



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SWALE, "POPULAR CROWD"

swalemusic.com

Swale's 2014 record, *The Next Instead*, and accompanying remix record, *Direct Inbreeds*, were among the most anticipated of the year. Following their release, they were also among the most universally admired. Our favorite cut was the anthem "Popular Crowd." We dare you not to sing along.

Disclosure: Swale bassist Tyler Boker is the author's brother.



Swale



Ler Stevens

LER STEVENS, "THE METHOD"

lerstevens.bandcamp.com

Meatloaf's hip-hop scene is thriving, thanks to a mix of veteran rappers and DJs and a generation of young guns bringing urban sounds to our rural ears. Ler Stevens is among the most promising of that last group. The prolific youngster's most recent record, *Class Hour*, is a favorite of savvy local hip-hop aficionados, thanks to cuts such as "The Method," which shades classic boom-bap with inflections of jazz.



The DuPont Brothers

THE DUPONT BROTHERS, "COLDER"

dupontbrothersmusic.com

The DuPont Brothers' last record, *Heavy as Lead*, was easily one of the best local albums of 2014. That's largely due to songs such as "Colder," a wintery indie folk tune that chills with its stark lyrics but offers warmth in the duo's lush, dovetailing harmonies.



Rough Francis

ROUGH FRANCIS, "MSP2"

roughfrancis.com

If you're gonna live in Burlington, you'll have to familiarize yourself with the story of Detroit proto-punk band Death. (Just google it, m'kay?) In the meantime, check out the sons of Death, Burlington's Rough Francis, who are making national waves with raw punk music inspired by their dad's old band, such as their ripping single "MSP2."

Disclosure: RF front man Bobby Hackney Jr. is a graphic designer at Seven Days. **WE**



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Abstract

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Abstract

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I am afraid more of my school days.

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Medium Chicken	Medium Large veg. burger tomato & cheeseburger		ent.
Small Chicken	Small veg. burger with lettuce & egg		ent.
Hamburger	With lettuce & tomato		ent.
Vegete Burger	With lettuce & tomato		ent.
Add fries to any combination wrap for about an average \$1.00. You can get a large and a small			

Cancer	Monoclonal culture showed peripheral circulation and a lack of cancer cloning	Cell Cloning
Panl	66.55	no
Stom	54.35	no

And, Richard, the *Washington Post* is reporting that the FBI is looking for a suspect in the case of the missing 1996 Ford Taurus. The car was last seen in the area of the Washington Navy Yard, and it's believed to be the same car that was seen in the area of the 9/11 attacks. The FBI is currently looking for a suspect who is believed to be a member of the Islamic Jihad group. The FBI is also looking for a suspect who is believed to be a member of the al-Qaeda group. The FBI is currently looking for a suspect who is believed to be a member of the Islamic Jihad group. The FBI is also looking for a suspect who is believed to be a member of the al-Qaeda group.

Finder: B. Ganes. Spine post-rotation applied in any place of HQ. Monorail HQ (most likely) (see notes, p. 11) is shown.

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What's the Deal?

A day-by-day guide to downtown dining and drinking specials.

by Richard Palmer Egan

College meal plans aren't cheap.

That's why eating off campus has to be. But downtown deals can be hit or miss. Sometimes that \$10 all-you-can-eat Chinese buffet is a killer value — just what you need to stay nourished for that late-night study lull. Other times it's your ticket to an evening spent worshipping the pot, Jain gods, and not because you drink too much of dinner.

With that in mind, we've rounded up some tried-and-true specialties offered at Burlington bars and restaurants. Whether you're looking to get rowdy — with, say, \$7 pints — or keep it classy for date night, read on for our picks for eating on the cheap, any day of the week.

Steak fries at Leung's Bistro & Cafe

Spentini at A Single Pebble

DAILY SPECIALS

BISTRO DINNER, LEUNG'S BISTRO & CAFE: Every day from 3 to 5:30 p.m. and the last hour before closing, Church Street's Frenchest joint offers a two-course dinner for \$17.50. Start with a bowl of soup *au potage*, then move on to salade Niçoise, steak fries or a hearty box of Bourguignon. Can't pronounce any of that? The delicious food, classy atmosphere and small(er) bill are worth the embarrassment of trying.

CHEF'S TASTING MENU, A SINGLE PEBBLE: The upscale downtown eatery is a longtime local favorite well known for its authentic Chinese fare. Less well known is that ASP has quite possibly the best lunch deal in town. For \$17, you get a little bit of everything on the chef's tasting menu. It's smaller than the dinner tasting menu but still more than enough to share. Or hoard.

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What's the Deal?

Weekly Specials

Lobster nachos at the Daily Planet

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- The **DAILY PLANET** charges just \$6 for a local beef or housemade chicken burger. What more do you want?
- Up your Q ratings with "BBQ-inspired" sandwiches such as the Hog Pile — that's pulled pork and grilled sausage — for \$10 at **BLUEBIRD BARBECUE**'s Between Bread Mondays.
- Head to **EL CORTESO TAQUERIA Y CANTINA** for \$2 off margaritas, or to the **GRYPHON** for \$5 fresh-squeezed margs. Or both!
- **MANHATTAN PIZZA & PUB** offers a \$7.99 Buffalo chicken wrap with fries, as well as half-price wings, to start the week strong.

Tacos at El Corteso Taqueria Y Cantina

EL CORTESO TAQUERIA Y CANTINA

TWO-FER TUESDAY

- Hit up **MANHATTAN PIZZA & PUB** for \$2 tacos, \$3 Switchback beer and \$4 Sausa shots, or the **DAILY PLANET** for \$2 tacos, Tequila and tequila shots.
- Score a \$2.75 can of Miller High Life at the **OTHER PLACE**. Careful though: Those cans are 24 ounces. Better munch on some of the free popcorn.
- Throw back oysters at **CHURCH STREET TAVERN**'s bar for \$1 each. For \$5, you get an Orange Crush, too.

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What's the Deal?



Photo by JAMES BARTON/THINKSTOCK

The staff of Citizen Cider

WORTH-IT WEDNESDAY

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- It's always a treat when **EL GATO CANTINA** pours \$5 margaritas.
- Suck down a \$1 draft at **WHAT ALES YOU**, or \$1 PB Rs at **FINNEGAN'S PUB**. If that doesn't do it for you, grab a pitcher of the Blue Ribbon brew for \$3.50 at the **OTHER PLACE**.

THIRSTY THURSDAY

- At **CITIZEN CIDER**, \$5 gets you a local hot dog and a can of cider.
- The skilled bartenders at **PASCOLD RISTORANTE** shake up craftily crafted mixed drinks at half price.
- Ten bucks at **RI RÁ IRISH PUB** covers a pint of Sam Adams and a pound of wings.
- **BLUEBIRD BARBECUE**'s three-piece fried chicken dinner with waffles, gravy and two sides is a steal at \$15.95.



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What's the Deal?



Fried chicken, collards, and mac and cheese at Nectar's

FILE: NATHAN THORSEN

FRIDAY FEEDING FRENZY

- Start your weekend right with local fried chicken, collards, and mac and cheese for \$14.50 at **NECTAR'S**.
- Indulge your inner Pennsylvanian with \$5.99 Philly cheesesteaks — and \$5 Heady Toppers — at **MANHATTAN PIZZA & PUB**.

HEY HEY, SATURDAY

- Sit down to a \$10 two-course breakfast at **LEUNIG'S BISTRO & CAFE** from 9 to 10 a.m.
- Sip \$5 Guava margaritas or \$3 Coronas at the **OTHER PLACE**. \$5 Long Island iced teas at **GRINA**, or \$3.50 craft brews at **MANHATTAN PIZZA & PUB**.

SUNDAY FUN DAY

- Keep last night's buzz going at the **OTHER PLACE** with \$4 Bloody Marys and mimosas.
- Ten bucks buys you a local beef burger at **GUILD TAVERN** in South Burlington.
- Finish your weekend with \$5.99 pastries and \$3.50 craft brews at **MANHATTAN PIZZA & PUB** **and**



Steak fries at Guild Tavern

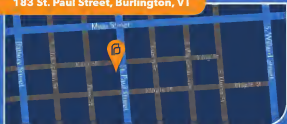


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The X Factor

Burlington fun when you're under 21

By Dan Bolles



We're not glum

Nor nightlife in Burlington is pretty awesome. But unless you're an approach-averse, a wife in black, a kid still in grade school, or you've probably not old enough to enjoy our hottest downtown scene. Don't worry, we'll serve besties for you.

In the meantime, here are some things to do in that around town that don't require valid ID.

Level Up

Yes, **TILT CLASSIC ARCADE AND ALE HOUSE** in South Burlington is technically a bar and you need to be 21 to enjoy its fine selection of craft beers. But you don't have to be of age to geek out on the classic pinball and cabinet games, such as *Galaga*, *Centipede*, and *Ms. Pac-Man*. What's that? All of those games were popular, like, 20 years before you were born? Maybe stick to *Mortal Kombat*, then. *Finish line!*

PHOTO: BRYAN DODGE

Tilt Classic Arcade and Ale House



Radio Bear

Rock Out

Live music is a cornerstone of Queen City nightlife. And while many of the best shows happen in bars, the scene is more accessible than you might think. South Burlington's

HIGHER GROUND is almost always all ages. Ditto the always-eclectic **RADIO BEAR** and the roots-oriented **SKINNY PANCAKE**. Midweek, hot spots such as **RECTAR'S** and Winslow's **MONKEY HOUSE** are typically 18-plus with a small cover for underage (read: non-drinking) fans. To find these shows, check the weekly club listings in *Seven Days* or at sevendayst.com. When it comes to local rocking, the kids are all right. highergroundmusic.com, radiobear.com, skinnypancake.com, rectars.com, monkeyhousevt.com

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The X Factor

Tea for Two

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Dobra Tea

Reel World

Use your student discount on the regular at **MCCRILL'S ROCKY CINEMA**. This cozy downtown theater plays a mix of mainstream and art house flicks, from *Mad Max: Fury Road* to *Far From the Madding Crowd*. The screens are smallish, but the popcorn is the best around. For a true blockbuster experience, check out the monstrous **T-REX THEATER AT ESSEX CINEMAS**. And in the warmer months, you can't beat the throwback vibe at the **SUNSET DRIVE-IN THEATRE** in Colchester. mccrilltheatre.net, essexcinemas.com, sunsetdriveins.com

Fore!

Navigate the challenging, nautical-themed 18-hole mini golf course at the **ESSEX FAMILY FUN & ENTERTAINMENT CENTER**. Or roar out the links in your real golf swing at the dining range. And let's not forget about the batting cages, which feature baseball and softball pitches at speeds ranging from slow to Matt Harvey. When the weather turns, try the elaborate indoor mini links at **PIZZA PUTT** in South Burlington. But, really, we mostly go for the laser tag. essexfamilyfunandentertainmentcenter.com, pizzaputt.com

Rack 'em

One of our favorite bar pastimes is shooting pool. But you don't have to wait until you're 21 to scratch that itch — or the eight ball. **VAN PHAN BILLIARDS & BAR** in South Burlington features 14 tables and plenty of room to maneuver so that you're not jostling with other patrons while making shots — a problem at most local bars. It's a good time and great place to hone your skills. Whatever you do, don't get cocky and challenge pool hall owner Van Phan. Unless you're a glutton for punishment, that is. She's a former Vermont billiards champion and has competed nationally. vpbilliards.com



VP Billiards & Bar

Joke's on You

Sure, you can make your buddies laugh with Superbad quotes. But you're probably not as funny as you think you are. The good news is that you can be! Burlington's comedy scene has exploded in recent years, thanks in large part to the folks at **SPARK ACTS** and the associated **VERMONT COMEDY CLUB**. So sharpen your funny bone in standup and improv comedy classes with SA, or get thee to one of VCC's comedy shows, held at mostly 18-plus venues all over the state. And hit up its brick-and-mortar comedy club, opening downtown this fall. sparkacts.com, vermontcomedyclub.com

Roll With It

If you haven't been bowling since that sixth-grade birthday party, watch the Coen brothers' *The Big Lebowski* — a crime comedy involving a bowling-slay slacker — and get inspired. **SPARE TIME** in Colchester is huge, glitzy (as bowling alleys go) and a lot of fun. And for those who prefer the kind of pint Jeffrey Lebowski would frequent, **CHAMPLAIN LANES** in Shelburne is a mom-and-pop alley with entertainment on weekends. If only it sold Sexus City Sarsaparilla. sparetimeentertainment.com, champlainlanes.com **veg**

Get Outta Town

Seven road trips to bust out of the Burlington bubble

By Ethan de Zelle



La Ronde



Buch Speler Records



Montréal

We know: They speak a whole 'nother language up there. But when Vermont starts to feel a little provincial, consider crossing the Canadian border: Montréal is one of the most historic and culturally rich burbs in North America.

A new highway can put you in downtown Montréal within 90 minutes, though the pokier **Route 133** has many oddball charms, including a haunted house with a bloody toilet sculpture in the parking lot. However you get there, take advantage of all that Montréal has to offer: the **Blodline** and nearby **Botanical Garden**, **La Ronde** amusement park, and beautiful **Mount Royal Park**, for starters. And let's not overlook the top-notch cuisine, strip clubs and drinking age of 18.

Don't forget your passport. Don't do anything dumb at the border crossing. And turn off your phone when you're in Canada—Mom and Dad won't appreciate having to pay for the astronomical roaming fees.

Montpelier

Vermont's capital city is the country's smallest, famous not just for its tiny population of roughly 8,000 souls but for not having a single McDonald's (see "Vermont A-to-Z," page 15). One of the funkier and most charming towns in Vermont, it's just a 45-minute drive away on Interstate 89. A pretty gorgeous one, too.

The Exit 8 off-ramp puts you in view of the **Statehouse**, where the citizen legislature is in session from January through mid-May. The historic golden dome is worth a visit any time of year.

Just beyond it, in the heart of "Montpelier culture," you can hang with some of the earth locals at the **Capital City Farmers Market** on Saturdays, catch a band or comedy show at **Sweet Melissa's**, or browse the vintage vinyl at **Buch Speler Records**.

The downtown may be small enough to see in a single day, but you'll find enough interesting happenings and good eats to warrant a return trip—or two.

"Fishbowl" has long been synonymous with "college campus."

But as a college student, you have some distinct advantages over our finned friends — Apples & Bananas land a highly developed brain are two examples. Also important: You're not panned in by glass walls. You're allowed — even encouraged — to leave campus, and Burlington, away from and then, 50-grub state fairs and hit the road. Here are seven worthy destinations.



A&W Drive-In



Bread and Puppet Theater

Middlebury

Fifty minutes south of Burlington is the cute, quintessential New England college town of Middlebury. Think rolling hills, quirky shops and an elite liberal arts institution.

Middlebury College is a mecca for arts and culture in the middle of a largely rural area. (And if you haven't figured it out yet, most of Vermont is rural.) World-class artists and speakers pass through weekly, and most of the events on campus are free and open to the public. If you like obscure foreign films, this is your town. And the art collection at the school's museum ranges from Andy Warhol works to Chinese funerary sculptures from the Han dynasty.

When you're done feeding the mind, feed the body. Try **51 Main at the Bridge**, a college-student hangout with live music and tapes, or the **A&W Drive-In**; it's still totally hep, daddy-o. Finish your tour of the town with a walk by the dramatic **Otter Creek Falls**.

The Northeast Kingdom

The Northeast Kingdom encompasses the three counties in the upper-right corner of Vermont, and a fascinating realm it is. Rugged, rural and sparsely populated, the NEK is rich in both natural beauty and strange roadside attractions.

Take **Bread and Puppet Theater** in Glover, for example. Since the 1960s, this radical puppet troupe has put on politically charged performances, all served with fresh homemade bread. Their museum is always free and unlocked, and filled to the rafters with crazy, creepy puppets. Not far away is the **Museum of Everyday Life** — also unlocked — which features exhibits on pencils, safety pins and dust. No kidding. And then there's the **Fairbanks Museum & Planetarium** in St. Johnsbury, which contains at least one of everything.

If you're 21, pay a visit to **Hill Farmstead Brewery**, named best in the world by RateBeer. Bring an empty growler, and be prepared to stand in line for a while.



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Champlain Islands

Champlain Islands

Vermont may be landlocked, but who needs the ocean when you've got Lake Champlain? The body of water is best enjoyed in summer on the Champlain Islands, an archipelago that juts out into the lake and boasts some of the best beaches in the state.

Start your beach bumming at **Sand Bar State Park**, a prime swim spot known for its shallow, warm water and soft sand. Want to go paddling? There are kayak and canoe rentals here, too. Just up the road, **Seb's Snack Bar** dings greasy fries and burgers — ideal day trippin' eats, duh. Or head to **Snow Farm Vineyard** to wander the grapevines with some vino.

Whatever you do, don't leave this lakeside paradise without tasting some **Island Homemade Ice Cream**, available at pretty much any convenience store. Flavors range from mojo to pumpkin cheesecake.



Strolling of the Heifers

Brattleboro

Why drive three hours to a small town in southern Vermont? Because Brattleboro punches above its weight in regard to arts and culture. Locals call it "a college town without a college." We like to call it Vermont's other B-town.

Hit up the **Latchis Hotel and Theatre**, an art-deco institution from the 1930s, for indie and mainstream flicks; there's also a film festival in the fall. Watch up-and-coming circus artists do their thing at the **New England Center for Circus Arts** — you can even try out the flying trapeze in occasional \$9 workshops. Visit on the first Friday of the month, and you can duck into more than 30 galleries as part of a citywide art walk.

And let's not forget about June's **Strolling of the Heifers** fest, when cows take over the streets! It's just so... Vermont.

The Adirondack Mountains

The Green Mountains are cool and all, but in Burlington we see more of the Adirondacks — the range jutting up on the other side of Lake Champlain. So hop on the Charlotte (Essex) car ferry and go see 'em up close!

The **Adirondack Park** covers more than six million acres — roughly the size of Vermont itself. There's more to do than we can possibly tell you here. But a weekend trip to **Lake Placid** is a good place to start. Home to the 1980 Winter Olympics, this mountain village is full of shops and restaurants, and close to boating, snow tubing and luge rides at **Whiteface**.

Visiting the 'dacks in summer? Doronders will have a tough time choosing between the **Great Escape & Splashwater Kingdom** amusement park in Lake George and white-water rafting pretty much anywhere there's a river. Did we mention the epic hiking? Forty-six peaks in these star hills are higher than 4,000 feet. Happy adventuring. **wg**

BRATTLEBORO: CONNOR ANDERSON



Lake Placid

gearX.com



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The Great Outdoors

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So read on for a sampling of our favorite outdoor activities, both in winter — uh, skiing and riding — and when the weather turns nice. We've also included some choice spots to get you outfitted for whatever activity you choose — our you don't want to be the cheap sking in jeans. **WVG**

What's Good... FOR WHEN IT'S COLD OUTSIDE

7

SPOTS FOR WINTER FUN

BOLTON VALLEY RESORT

42002 Bolton Valley Access Rd.,
Bolton, boltonvalley.com

Just a half-hour drive from downtown Burlington is Bolton's closest ski area and one of the best peaks for night skiing and riding.

BURLINGTON COUNTRY CLUB

668 S. Prospect St., Burlington,
burlingtoncountryclub.org

Once it's covered with snow, the hill at BCC becomes Burlington's most popular sledding destination. But watch your speed: hot dog. Kids and families abound.

CATAMOUNT OUTDOOR FAMILY CENTER

562 Saw Chittenden Rd., Williston,
catamountoutdoorfamilycenter.com

Don't let the "family" in the title keep you away from this 500-acre spread on the outskirts of Burlington. Come here for biking, cross-country skiing and running.

LAKE CHAMPLAIN

Waterfront Park, Burlington,
majorburlington.com

When the lake freezes over, Burlington Bay is a magical ice skating spot. There's nothing quite like looping figure eights with the Queen City skyline as your backdrop.



MAD RIVER GLEN

57 Schuss Pass Rd., Warfield, madriverglen.com

Corduroy is for wimps. Browsing some of the most challenging and engineered slopes in the East — accessible to one of only two single-person chairlifts in North America — Mad River's slopes dare you to "ski it if you can." Whatever you do, don't try to unboard it. No boarders allowed, bro.

JAY PEAK RESORT

830 Jay Peak Rd., Jay,
jypeakresort.com

Buckle up — Vermont's chilly northernmost resort has lots of fresh powder and great glades. To eat, eat, eat: snow or vodka at the Pump House Indoor Waterpark.

STOWE MOUNTAIN RESORT

5781 Mountain Rd., Stowe,
stowe.com

Vermont's preeminent alpine resort boasts unrelenting verticals, a fully stocked terrain park, a fancy lodge and a first-rate performing arts center. They don't call it the "Acropolis of the East" for nothing.

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What's Good FOR OMIGOD, IT'S THE SUN!

7

SPOTS FOR SUMMER-ISH FUN

BRISTOL FALLS

Lincoln Rd., Bristol

Swimming holes are everywhere in Vermont, which is a good thing when Lake Champlain inevitably sprouts an algae bloom. Bristol Falls, just outside of cute-are-a-billion Bristol, is one of the more scenic — and safe — spots to cool off. It features a 15-foot waterfall that empties into a deep, chilly pool.

COMMUNITY SAILING CENTER

224 Ferry Ln., Burlington,
communitysailingcenter.org

Old salts who know the difference between a jib and a spinnaker can rent sailboats at this community-oriented sailing center from May through October. If you're new to the summer, take lessons or test your skills in weekly races.

ISLAND LINE TRAIL

South Hero

locationalism.org

This 1.4-mile bike trail runs along Lake Champlain from Colledge Park at the way to the Colchester causeway — a narrow old railroad that extends three miles into the lake. A bike ferry connects you to the Champlain Islands in the summer.

MT. PHOEB STATE PARK

6425 Mt. Phoebe Rd., Charlotte,
stateparks.com

Mt. Phoebe is the perfect high altitude spot for a picnic with friends. There's a steep trail to the top, but your less adventurous buds can drive up the 528-foot peak from late May to mid-October. Either way, you have to pay



CAMEL'S HUMP STATE PARK

stateparks.com

Vermont's founding driver for Allen initially named this distinctive 4,000-foot mountain Camel's Hump in the late 1700s. And, yes, there's some question as to whether Allen had *seen* actually, y'know, *seen* a camel, at this location, only vaguely *imagined* one. Whatever. The summit still offers one of the most jaw-dropping vistas in the state. From the Huntington side, you can go up to the top and make it back to town in time for dinner.

NORTH BEACH

53 Institute Rd., Burlington,
enjoyburlington.org

Students flock to this popular sandy strip as soon as the temperature cracks 40 degrees. To avoid the crowds, walk a few hundred yards south to Jessica Beach, where the know-nothings go with dogs in tow.

COLLEDGE PARK

2 Flynn Ave., Burlington,
enjoyburlington.org

Tennis, volleyball and bocce — and the occasional hopper-kickball league — are draws of this beautiful South End park. The picnic pavilion, spacious lawn and clean beach are nice, too.



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www.facebook.com/yankeetattoo

What's Good... FOR GEARING UP

7

OUTDOOR STORES

ALPINE SHOP

1164 Williston Rd., South
Burlington, alpineoutlet.com

"Go today, work tomorrow" is the motto of this locally owned outfitter, focused on a road-to-ski chain and in business for more than half a century. It has everything you need for your alpine adventures — including alpine sports-wear apparel.

EASTERN MOUNTAIN SPORTS

100 Sunset St., South
Burlington, ems.com

Look for climbing, hiking, camping and paddling gear here. They've got boots, too! Show your student ID for a 20 percent discount on EMS brand items; you get 15 percent off everything else, as long as it's not already on sale.

THE NORTH FACE STORE & KL SPORT

210 College St., Burlington,
kincantainashop.com

Superior service and great outdoor gear — packs, tents, sleeping bags and jackets — are the foundations of this one-stop, locally owned and operated shop.

OLD SPOKES HOME

322 N. Williston Ave.,
Burlington, oldspokeshome.com

The self-described "most unusual bike shop on the planet" is the best place in Burlington to find a vintage ride. Its staff tunes anything with two wheels. They sell new stuff, too.



FILE: JEFFREY THORSON

BURTON FLAGSHIP STORE

80 Industrial Pkwy., Burlington, burton.com

Respect your alpine, especially if they awarded your sport. Like Burton's flagship store is the first stop on any boarder's quest for pow — not to mention my quest for steez. Burton is a trailblazer in both personal style.

SKIRACK

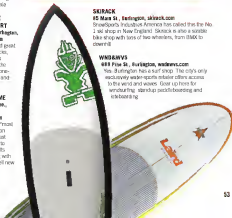
85 Main St., Burlington, skirack.com

SnowSports Industries America has called this the No. 1 ski shop in New England. Skirack is also a scrappy bike shop with lots of two-wheelers, from BMX to downhill.

WINDRIVVS

488 Pine St., Burlington, windrivvs.com

Yes, Burlington has a surf shop. The city's only exclusively water-sports retailer offers access to the wind and waves. Gear up here for windsurfing, standup paddleboarding and kiteboarding.





168 battery street burlington 651.0880

Good Eats



LOOKING TO ESCAPE THE CAMPUS CAFETERIA? You've got plenty of alternatives close by. Whether you need a breakfast sandwich to quell that hangover or killer coffee to fuel a study session, we've compiled the best college student eats here. For much more, pick up a copy of *7 Nigiri: The Seven Days Guide to Vermont Restaurants & Bars*, or check out the listings and reader reviews online at sevendaysvt.com. Just beware of pecking on the freshman 15—it's all too easy in this foodie-friendly town. **—JG**

What's Good... FOR THE MORNING AFTER

7

BANGIN' BRUNCH SPOTS

HANDY'S LUNCH

74 Maple St., Burlington,
handylunch.vermont.com

This mom-and-pop lunch counter serves up diner fare on the cheap—often with a side of sports or political talk. Whichever you get, get it with love.

LUCKY NEXT DOOR

163 Cherry St., Burlington,
luckyneighb.com

Can't wait for a table at Penny Glaze? This sister restaurant, just next door, serves impressos, banana bread, buns and burritos.

PARKWAY DINER

1696 Walker Rd., South Burlington,
852-1155

This Motorist Lunch Car has been parked here since the 1960s, and it serves breakfast all day. Don't miss the craps on the outside bultury-on-the-road home fries.

PENNY GLAZE CAFÉ

169 Cherry St., Burlington,
pennyclaze.com

The long lines are a testament to this café's eternal popularity. Try the Zyclac breakfast—two eggs any style, black beans, corn muffins and antibiotic sausage.

SNEAKERS BISTRO

28 Main St., Winooski, sneakersbistro.com

Weekend brunch at this retro café is legendary, and the daily specials are always eclectic. The classic eggs Benedict is a home run.

THE SWINGIN' PINWHEEL

CAFÉ AND BAKERY

11 Center St., Burlington,
theswinginpinwheel.com

Grab a stuffed popover or waffle—that's a waffle sandwich—at this Western-themed bakery. The cowboy coffee is strong enough to bring you back to life.



The Skaggs

NUNYUN'S BAKERY & CAFÉ

135 N. Champlain St., Burlington, nunyunsbakery.com

Last night was awesome. This morning is...rough. Need the room to sleep splining? This bright Old North End café is your spot. It feels like hanging out in someone's living room, and just happens to have hearty breakfasts to soak up all the beer in your belly. The Skaggs—potato skins stuffed with eggs and other things—are a hit. So are the egg sandwiches, breakfast burritos and buttery French toast, all made with fresh ingredients from local farms. It's like eating at Grandma's—without having to pretend you're not hangover.

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What's Good... FOR GETTING BUZZED



COFFEE & TEA SPOTS

AUGUST FIRST BAKERY & CAFÉ

149 S. Champlain St., Burlington,
augustfirstvt.com

Laptops and tablets are off limits at this screen-free café — so you'll have to actually strike up a conversation with someone over a delicious mocha and fresh-made pastry.

DOBRA TEA

80 Church St. (entrance on Bank St.), Burlington, dobratea.com

The tea menu is the sum and weight of your psychology textbook, and you ring a bell when you're ready to order. Lounge on floor cushions with your pot of boiling.

MUDDY WATERS

184 Main St., Burlington, facebook.com/muddyywaterst

This funky collection serves organic and fair-trade treats, plus smoothies and baked goods. The Muddys Shake, a blend of espresso and ice cream, is addictive.

SCOUT & CO.

207 North Ave., Burlington,
1 E. Allen St., Winooski,
scoutandcompanyvt.com

Get your artisan coffee roast with a side of small-batch ice cream. The weekly flavors range from Best Chocolate to Smoked Maple & Sea Salt.

SPEEDER & EARL'S COFFEE

104 Church St. and 412 Pine St., Burlington, speederandearls.com

The Clockwork Orange — a specialty mocha with orange zest and almonds — is a big seller at this posh joint.

UNCOMMON GROUNDS

42 Church St., Burlington,
uncommonvt.com

Skip Starbucks — this locally owned café across the Church Street Market place has great coffee, free Wi-Fi and punny treats in the dessert case.



MAGLIANERO CAFÉ

47 Maple St., Burlington, facebook.com/maglianerocafe

It's Thursday, and your 30-page paper — "An Analysis of the Regression of Physical Movement Through the Lens of Parkour" — is due Friday at 9 a.m. And you haven't started it yet. Time for a serious caffeine boost. The direct-sourced coffees and teas are tops at this industrial-chic café, located in the Karma Bird House's huge, quiet, light-filled gallery. It's the ideal place to spend an afternoon clocking-clicking away on your laptop. Plus, food trucks park out back in summer.



Uncommon Grounds



AVEDA

Hey man, get a haircut

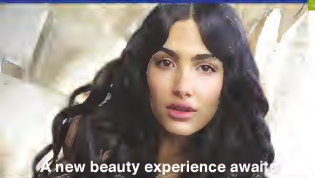
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ARTSRIOT KITCHEN

400 Pine St., Burlington, artsriot.com

Missing Mom's home cooking? The food is all handmade from scratch, and the atmosphere is warm and inviting. The menu is a mix of comfort food and creative dishes, including "mystery meat" balls, red IPA, and a variety of other dishes. The staff is friendly and knowledgeable, and the overall vibe is casual and relaxed.

What's Good FOR THE FRESHMAN 15

7

CREATIVE COMFORT FOOD SPOTS

AL'S FRENCH FRIES

1261 Williston Rd., South Burlington, alsfrenchfries.com

Even the hand-cut fries here are a throwback to the '50s. The menu also sells chili dogs, cheeseburgers and, in season, cream pies.

BLUEBIRD BARBECUE

317 Riverdale Ave., Burlington, bluebirdbbq.com

The down-home regional barbecue here includes smoked brisket, pulled pork, ribs and traditional sides.

CITIZEN CIDER

310 Pine St., Suite 114, Burlington, citizencider.com

Order at the bar, then sit at one of the long communal tables at this lively South End cidery. Two words: corn dogs. The cider isn't bad, either.

THE FARMHOUSE TAP & GRILL

100 Bank St., Burlington, farmhousetap.com

Look for local burgers, homemade charcuterie, comfort food and innovative specials at this gastropub. There's a speakeasy-style basement parlor, too.

OUR HOUSE BISTRO

36 Main St., Winooski, ourhousebistro.com

The "bested comfort food" here ranges from Pickles (Oxoid pickles) to mac and cheese with lobster or pulled-pork add-ons.

VERMONT PUB & BREWERY

144 College St., Burlington, vermontbrewery.com

Vermont's first brewpub was founded by the late Greg Noonan, a microbrewing legend. The patio is packed on sunny days, and the taps always pour interesting flavors.

DIG IN! For a complete list of delicious eateries in northern Vermont, pick up a copy of *7 Nights* or check it out at sevendaysvt.com





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What's Good... FOR GOING GLOBAL



7 AUTHENTIC ETHNIC SPOTS

ASIANA NOODLE SHOP

88 Church St., Burlington,
asiananoodleshop.com

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The eggplants

CENTRAL MARKET:

TASTE OF ASIA

262 N. Wisconsin St., Burlington,
 405-5066

Grab a banh mi, hit the buffet, or sit down for Nepali, Indian and Vietnamese entrees. Feeling ambitious? Pick up Asian ingredients to make your own meal in the dorm refrigerators.

EL CORTUO TAQUERIA Y

CANTINA

189 Bank St., Burlington,
cortuoy.com

The Mexican serves locally inspired tacos, burritos and entrees, along with "wicked fly" margaritas.

El Cortufo taco



PHOTO: NATHAN THORNTON



BENTO

127 College St., Burlington, 407-2404

This Japanese market and sushi shop specializes in bento, Japanese segmented lunch boxes. Get them ready-made, hot (yaki) or a (raw) sushi roll for that three-day commitment. Or take a seat by the windows for sushi to order, with a young chef. The super-fresh ingredients are all prepared by a chef who spent the last decade apprenticing under a sushi master. In the evening, lock back and let that chef — also a musician — serenade you with acoustic tunes.

PHO NGUYEN

1130 North Ave., Burlington, 856-4448

Noodle around at this New North End slurp shop. It serves Southeast Asian bites, from pho to pad Thai, inside a former convenience store.

SHERPA KITCHEN RESTAURANT

118 College St., Burlington,
sherpakitchenrestaurant.com

The Nepalese co-owners cook up fiery recipes for Himalayan classics such as momos, mild curries, thukpas and stews.

PHOTO BY

Sherpa Kitchen



PHOTO: NATHAN THORNTON

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24 Main St., Winooski,
tinythairestaurant.net

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Matthew Tinkler

LIGHT CLUB LAMP SHOP

12 N. Main St., Burlington, radioharp.com

The lights are low and the music is low at this stylish, 30-employee, second-floor bar located just a stone's throw from the (Quincy) and Radio Bars. Get dinner, enjoy a drink, a good conversation, and a good atmosphere with sample cocktails served until 2 a.m. (right across the street from the Radio Bar, this place is a little bit different — in the library, perhaps, searching for books.)

What's Good FOR DATE NIGHT

7

DOWNRIGHT ROMANTIC SPOTS

HER OF THE WOOD

55 Cherry St., Burlington,

herofthewood.com

Your date will be seriously impressed with the fabulous cuisine at this rustic Hotel Vermont resto. On a budget? Snuggle up by the fireplace and share small plates.

MISERY LOVES CO.

45 Main St., Winooski,

miserilylovesco.com

Need a conversation starter? Talk about the open kitchen's seriously imaginative food, ranging from rustic bra and veal tortone to veal-urden, parma colt.

MULE BAR

38 Main St., Winooski,

mulebarvt.com

Let this petite bar's bright and lively mood set the vibe for a shared dinner of creative pub dishes and craft cocktails, local ciders or hard-to-find brews.

PASCOLD RISTORANTE

63 Church St., Burlington,

pascold.com

This atmospheric basement spot has a classic date-night menu of fresh pastas, antipasti and wood-fired pizzas, all crafted in-house with Vermont ingredients.

PIZZERIA VERITA'

156 St. Paul St., Burlington,

pizzeriaverita.com

Wish your date was in Italy — kinda sorta — at the daily 11 restaurant serving thin crust Neapolitan-style pies and craft cocktails.

TILT CLASSIC ARCADE AND ALE HOUSE

7 Payne Dr., South Burlington,

tilt.com

The locavore burgers and beers are tasty, but the main attractions here are the vintage pinball and cabinet games — which mean you can still score even if the date's a flop.

RESTAURANT WEEK! During spring's Vermont Restaurant Week, more than 100 restaurants offer inventive three-course, prix-fixe menus for \$20, \$30 or \$40 per person. Visit vermontrestaurantweek.com for more info.



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What's Good ... FOR PARENTS' WEEKEND



CLASSY SPOTS FOR MOM AND DAD

A SINGLE PEBBLE

133 Bank St., Burlington,
asinglepebble.com

Dining here is an experience. Everyone's dish is placed on a tiny Susan in the center of the table for easy sharing. Try the menu with the Food Network's Alton Brown loves it.

AMERICAN FLATBREAD

BURLINGTON HEARTH
115 St. Paul St., Burlington,
americanflatbread.com

The flatbreads here are topped with local, organic ingredients and cook before your eyes in an open wood-fired oven. Order a few for the whole family to share.

BARKEATERS RESTAURANT

87 Park Rd., Shelburne,
barkeatersrestaurant.com

This Adirondack-themed eatery just south of Burlington offers affordable food without the typical downtown wait for a table. Try lamb loins or espresso-crusted pork.

NEW MOON CAFE

160 Cherry St., Burlington,
newmoon-cafe.com

In a rush? This downtown counter-service spot has a warm, funky elegance, and there are always plenty of tables. Munch on sandwiches, salads and baked goods.

SAN SAI JAPANESE RESTAURANT

112 Lake St., Burlington,
samsai.com

The unusual, authentic Chef's Choice tasting menu is \$35—and worth it—but you can also order sushi and small plates here for a satisfying meal on the cheap.

WATERWORKS FOOD + DRINK

20 Winslow Falls Way, Winslow,
waterworksvt.com

At the former textile mill, impress your visitors with a view of the river rapids. The kitchen turns out whole fish, veggie pot pie and flatbreads, along with creative drinks.

ISTANBUL KEBAB HOUSE

115 Church St., Burlington,
istanbulkebabhousevt.com

You know what Parents' Weekend is really about, right? Getting Mom and Dad to foot the bill at one of those nice restaurants you've been dying to try since they dropped you off at orientation. So bring your folks to the authentic Turkish restaurant for a whiff of the Near East. You'll all enjoy the sizzling kebabs, savory casseroles and apple-mustard bawarchi—not to mention Turkish Delights. Ask for a table on the rooftop patio for the best outdoor dining in town.

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"Bullets over Broadway"

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Steven Bernstein & the Hot 9

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What's Good 000 FOR NIGHT OWLS



GREAT LATE-NIGHT SPOTS

AHLI BABA'S KABOB SHOP

103 Main St., Burlington, 862-3752

Pastel and gyro until 3 a.m. at the bottom of Church Street. Need we say more?

IGUINI (BUENDE)

10 N. Winooski Ave., Burlington, dinnerbunde.com

This international street-food spot is open 'til 1 a.m. on weekends. Dishes range from fish tacos to chicken-and-waffles to poutine.

JUNIOR'S DOWNTOWN

178 Main St., Burlington, juniorsdowntown.com

Sometimes, nothing beats a simple slice of New York-style pizza in the moonlight. This pizzeria cranks them out until 3 a.m. Thursday through Saturday.

COUNTRY KART DELI

155 Main St., Burlington, countrykartdeli.com

In the mood for a Rise & Shine (see "Vermont A to Z" page 16) at breakfast—or bedtime? This deli serves its full menu from 7 a.m. to 3 a.m.

MANHATTAN PIZZA & PUB

167 Main St., Burlington, manhattanpizzapub.com

With cheap nightly specials (see "What's the Deal?" page 88), pool and live music, this is a consummate college hangout.

SMITTY'S PUB

1127 North Ave., Burlington, smittpubvt.com

This New North End eatery has all the growl-throats, cover songs and wings you could want—served late.



ST. PAUL STREET GASTROGRUB

205 St. Paul St., Burlington, spaulstreetgastrogrub.com

Studying—or partying—no hard you forget to eat! The kitchen's open late at this petri-size South End pub. The menu isn't as fast and friendly, and the eats are simple but well-crafted and affordable. Think double-decker burgers, fish tacos, go, baskets of fries. You can also belly up to a board game—beer doesn't love a quick round or 10 of Connect Four?—or snack on \$2 corn dogs until the doors close at 2 a.m.



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Nightlife

BURLINGTON ISN'T QUITE THE CITY THAT NEVER SLEEPS, but it suffers no shortage of nocturnal activities. Want to catch some live music, a game or simply chill out with a perfectly mixed martini? Head to one of our favorite nighttime haunts, listed here. ➡



The Monkey House

What's Good... FOR ROCK AND ROLL



MUSIC VENUES

HIGHER GROUND

1214 Williston Rd., South Burlington, highergroundmusic.com
Higher Ground boasts a constant stream of big-name acts on the pebbled Balcon stage. The adjacent Showcase Lounge features rising talent.

NECTAR'S/CLUB METRONOME

100 Main St., Burlington, liveatnectar.com
Iconic hot spot Nectar's — also the House That Fresh Built — has live music seven nights a week. Upstairs at Club Metronome, DJs rule most nights, including at the ever-popular retro weekend dance parties. \$5+ on weekdays.

RADIO BEAN

8 N. Wisconsin Ave., Burlington, radiobean.com
If venues such as Nectar's and Higher Ground are the lifeblood of the local music scene, this cozy hipster haunt is its beating heart. The tiny Bean is Burlington's musical meeting pot.

RED SQUARE

130 Church St., Burlington, redsquarevt.com

Rounds play almost nightly at this top club and its adjacent alley. DJs take over after midnight most nights. Check out the Blue Room for bumpin' EDM on weekends.

SIGNAL KITCHEN

71 Main St., Burlington, signalkitchen.com

Hidden in a Main Street alley with no sign marking its door, this recording-shed-cum-live-music-spotterery hosts heavy-hitting musical acts both imported and domestic.

THE SKINNY PANCAKE

60 Lake St., Burlington, skinnypancake.com

Folk music and critters — what's not to love? Get some of each most Thursday through Saturday nights. And don't miss Josh Pender's acoustic soul residency on Wednesdays.

THE MONKEY HOUSE

30 Main St., Winooski, monkeyhousevt.com

Winooski is the Williamsburg to Burlington's Manhattan. It's increasingly so-and-so-on, especially in terms of food and nightlife. The hippest joint in the Green City, the Monkey House features cozy cocktails, pool tables, and the most consistently excellent lineup of local, regional and national indie music this side — or that, really — of the Winooski River. It's also often 18+, especially during the week.

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Three Needs Brewery & Taproom

PHOTOGRAPH BY JEFFREY

What's Good ... FOR SKIPPING CLASS TOMORROW

THREE NEEDS BREWERY & TAPROOM

185 Pearl St.,
Burlington, 407-0119

We almost feel bad for including the Needs here. Really, it's a cut (or two) above most college bars. But as the block-long line of students outside the bar most weekends indicates, it's hugely popular with the academic set. And with good reason. It's got great beer, lively pool tables, a trike-able and an awesome outdoor patio. Serving by at 4 p.m. on weekends for \$1. shifts during Duff Hour.

7 COLLEGE BARS

AKES' PLACE
134 Church St., Burlington,
864-8111

This classic college-town watering hole — with pool, darts and sports — was your older brother's favorite bar when he was in school here. It might become yours, too.

CK'S SPORTS BAR
12 Mallett Bay Ave., Winooski,
ckspartsbar.com

Frequented by St. Mir's students, this traditional tavern boasts a long wooden bar, a large outdoor deck, nightly drink specials, and flat screens as far as the eye can see.

FINNIGAN'S PUB
205 College St., Burlington,
finniganspub.com

An upscale beer list, live music, and DJs make this longtime BTV staple a solid weekend destination. Philadelphia Eagles fans flock here Sundays during football season.

MCKEE'S PUB & GRILL
19 E. Allen St., Winooski,
mckeespub.com

Grab a beer and sit outside to watch drivers royally misadventure Winooski's traffic circle at this St. Mir's haunt. The weekly drink specials are crucial.

RASPUTIN'S
163 Church St., Burlington,
rasputins.com

DJs play this popular college hangout three nights a week. Pool and TVs entertain anyone who doesn't feel like dancing. It's 21+ on the weekend.

RUBEN JAMES
159 Main St., Burlington,
rubenjames.com

Sports bar by day, sweaty dance club by night. Try the food — a \$1. 40-cent wings every day of the week. You'll be surprised. In a good way.

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What's Good... FOR DRINKIN' WITH THE TOWNIES



DIVE BARS

ESSEX

194 Main St., Burlington, 862-7314
Townies, punks and hipsters congregate peacefully around Burlington's most awkwardly placed pool table. Home of the PB Army.

FRANNY D'S

733 Green City Park Rd., South Burlington, facebook.com/frannyos
Pool tables, dartboards and TV screens abound at this lively locals' hangout. But it's far enough from campus that you'll need a designated driver or cab fare handy. Live music and karaoke on weekends.

JP'S PUB

139 Main St., Burlington, 656-6389
If it's karaoke you seek, look no further. This classic dive serves up wannabe rock standards at least three nights a week.

KEN'S PIZZA AND PUB

71 Church St., Burlington, 862-3336

This hole-in-the-wall pub is a gem hidden in plain sight of the Church Street Marketplace. It's the perfect spot for a quick drink — and a slice from the adjoining pizzeria.

OLDE NORTENDER PUB

23 North St., Burlington, 864-8888
Owner Bob Sasunian describes this true neighborhood watering hole as "the best damn make-you-feel-at-home-bar."

T. RUGG'S TAVERN

149 Clarendon Ave., Burlington, 656-0456

This Old North End staple has the distinction of being the only bar in town with a view of a cemetery. So that's something.



DAVIDE TORRES

THE OTHER PLACE

4 N. Wards Ave., 863-5803

The OP is the crown-cable-mountain-of-Burlington-crown. It features drink specials every day of the week — and is perfect for PB pitchers on Tuesdays — and one of the more competitive pool tables in town. The music is random and usually loud. Don't complain. Just enjoy it, ideally at a seat by the open garage-door window facing the street.

DIG IN! For a complete list of non-chain eateries in northern Vermont, pick up a copy of 7 Nights or check it out at sevendaysvt.com



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TIP

Sign up for the weekly Tech Jam e-newsletter at techjamvt.com — you'll be the first to know about employers who are hiring at the Jam!



Culture Club

THERE'S MORE TO LIFE THAN BEER PONG AND CALL OF DUTY. Real life, a fun more. But enough that it's worth emerging from your dorm room once in a while to soak up some culture. You need the occasional walk in your debt of pizza and Doritos to keep your body (somewhat) healthy, right? Well, your brain owes enlightenment, too. Fortunately Vermont has a stellar — and not overly staidy — arts scene. Whether you're into abstract sculptures or Egyptian mummies, its galleries and museums offer exhibits guaranteed to fascinate and inspire. Below are a few favorites that will help you clean up your act, expand your mind and impress your parents when they stop by for a visit. **—JF**

What's Good... FOR ARTS & ENLIGHTENMENT



SOPHISTICATED ATTRACTIONS

BCA CENTER

136 Church St., Burlington,
burlingtonbcarts.org

This red brick building used to be a fire station. Now it presents contemporary art exhibits, classes and the occasional indie music show. Don't miss the Vermont Motor Gallery on the fourth floor.

ECHO LEAHY CENTER FOR LAKE CHAMPLAIN

1 College St., Burlington,
echovermont.org

You won't find any tropical fish at this waterfront science center — it showcases plants and animals that live in Lake Champlain. There are some microscopes, 40-pound lake sturgeon, though.

FLEMING MUSEUM OF ART

61 Coldchester Ave., Burlington,
unemedu-fleming.org

This UVM museum has a dazzling marble foyer and 25,000 art objects in its extensive permanent collection. It hosts special exhibitions, too, and is free with your UVM, Champlain College or Community College of Vermont student ID. Score.

FLYNNODS GALLERY

208 Flynn Ave., Burlington,
flynnodg.net

This funky community art space has nothing to do with the Flynn Center. Feed your eyes, then your stomach, Chef's Corner Café & Bakery — South End is located here, too.



SHELburne MUSEUM

6000 Shelburne Rd., Shelburne, shelburnemuseum.org

Vermont's largest folk-art museum has the coolest, cast-iron buildings around, including home and the "Boondoggie," a fully restored 1930s-style playground structure that once held five swings of Lake Champlain. The grounds have covered everything from pig houses to food machines, and the sprawling grounds are home to stunning gardens and summer concerts. Called a "Timecapsule New England Paragon" by the *New York Times*, the museum is open May through October, 140 up in Potomac Center for Art and Education for year-round shows, events and classes.

NEW CITY GALLERY

132 Church St., Burlington,
newcitygallery.org

Located above Akas Place on Church Street, this gallery has a monthly folk music night and arts events in addition to exhibits.

SEABA CENTER

404 Pine St., Burlington, seaba.com

The South End Arts and Business Association organizes the best arts party in the state — the South End Art Hop (see "The Main Events," page 24). It also hosts cooking-and-drawing events around town. Visit the HQ to see local art.

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Shop Here

IF YOU'VE SPENT EVEN A DAY IN BURLINGTON, you've no doubt discovered the retail wonders of the Church Street Marketplace. (If not, what are you waiting for — a map?) The pedestrian-only stretch has shops to meet your every need, from clothing and dorm-room essentials to comic books and music. But there's also a whole realm of retail therapy just beyond that beaten path. What follows are some of our favorite funky and locally owned shops, both on and off the Marketplace. Just ask our credit-card companies. **—JRG**

What's Good ○○○ ON THE MARKETPLACE



CHURCH STREET SHOPS

DEAR LUCY

38 Church St., Burlington, dearlucy.com

The Burlington boutique has a crazy good selection of fine footwear for both men and women that's a cut above anything you'll find in a mall or both style and quality. While you're there, why not accessorize with a smart new handbag?

ECCO

81 Church St., Burlington, ecccoboutique.com

Fashionistas have flocked to this stylish Church Street shop since 1999. Yeah, you can go to the Gap or Banana Republic if you want to look like everybody else. But sartorially savvy folks know that Ecco is where the best dressed men and women in Burlington find their threads.

FROG HOLLOW VERMONT STATE CRAFT CENTER

85 Church St., Burlington, frogollow.org

Since 1971, Frog Hollow has been the prime place to bid up on artful goodies made by local craftsers. You might not yet be in the market for paintings, handblown glass, or pottery — they might clash with your John Deere "College" poster, after all. But if you need a gift for Mom or that special someone, try here first.



CROW BOOKSHOP

14 Church St., Burlington, crowbooks.com

Since it opened in 1998, local bookworms have left treasures in the stacks upon stacks of used books in this cozy shop. It's small and pleasantly cramped, but there's almost always something novel, overlooked or autographed to be had on the shelves. It sells new stuff, too, as well as antiquarian books and comics.

HOMEPORT

52 Church St., Burlington, homeportonline.com

Looking to deck out your dorm room? Christmas lights can only do so much, so head to this shop for four tiers of quality affordable home goods, including rugs and lamps. Living off campus? Stock up on kitchen supplies, because you don't have a colander, do you? Of course you don't.

OUTDOOR GEAR EXCHANGE

31 Church St., Burlington, gears.com

OGE has been the go-to shop for in-the-know local kayakers, hikers, skiers and camping enthusiasts since 1996 — roughly as long as you've been alive. The store has a friendly knowledgeable staff and a huge inventory. Check out the downstairs consignment area for the real scores. Oh, and you can bring your dog.

QUARTERSTAFF GAMES

152 Church St., Burlington, quarterstaffgames.org

How do you expect to ever advance beyond Level Two Mages if you don't have the right gaming gear? Located above Earth Prime Comics — also worth a look — Quarterstaff Games specializes in games of the board, role playing, collectible card and miniature tabletop varieties. It also hosts weekly tournaments and game nights. Bring your own 12-sided die.

IT'S TRUE!!

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7

SHOPS OFF THE BEATEN PATH

BARGE CANAL MARKET/ SPEAKING VOLUMES

377 Pine St., Burlington

[facebook.com/bargecanalmarket](https://www.facebook.com/bargecanalmarket),
speakingvolumes.weeb.com

Tucked away in a warehouse in the bustling South End Arts District, these neighboring and loosely associated thrift stores offer eclectic secondhand goods. Barge Canal specializes in funky furnishings, antiques and collectibles. Speaking Volumes is a treasure trove of books, records and vintage steno equipment. If you work up an appetite shopping, nosh on Montreal-style bagels at Moe's Bagels — it's, short, sandwiched between the two stores.

BATTERY STREET JEANS

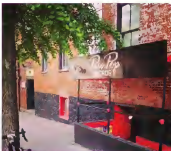
7 Marble Ave., Burlington, [facebook.com/compexchange](https://www.facebook.com/compexchange)

Nope, it's not on Battery Street, which we admit is a little confusing. But BSJ has held the distinction of being Burlington's signature secondhand clothing shop for as long as we can remember — and at least dating back to when it actually was located on Battery more than a decade ago. If thrift-store chic is your preferred style, make BSJ your regular stop.

PHOENIX BOOKS

161 Bank St., Burlington,
phoenixbooks.biz

Trends show that bookstores have generally gone the way of record and video stores. So it's heartening when one opens rather than closes. Phoenix Books, closed-to-downtown Burlington location in 2012 — the original Phoenix store is in Essex — and instantly became a favored destination for the city's bibliophiles. The two-level shop has all the latest releases, a solid selection of classic — and retro-classic — tomes and a comprehensive collection of books by Vermont authors. The staff picks won't steer you wrong.



PURE POP RECORDS

115 S. Waresville Ave., Burlington, purepoprecords.com

Record stores are a dying breed, but Pure Pop has bucked the trend. It's been easily pleasing Burlington music fans for 15 years. There's an underground cool about the place, and not just because of its basement room. The store's staff is incredibly knowledgeable and keeps the stockroom higher than a refreshing minimum. Sure, you could legally download music, but why not rock out on the town and pursue the color of one of Burlington's most iconic stores instead?

RESOURCE

266 Pine St., Burlington, resourcevt.org

For dorm-room necessities on a budget, you can't beat Resource. From plates, cups and cookware to couches, major appliances and electronics, the landmark BTV store has a little of everything — all gently used and available cheap. Handy? Hit up the Resource Building Material Store just down the street for sweet deals on reclaimed doors, sinks and lumber.

RIOH! HIGH

2 Pearl St., Burlington, riohtgh.com

This brightly colored, graffitied skate shop on the corner of Pearl and Battery is hard to miss. And especially if you're a boarder, you won't want to. Rioh! High is BTV's signature stop for all things skateboarding, from decks, wheels and trucks to safety gear. Obviously, dude, wear a helmet! The staff is super friendly and skate savvy. If there's no one behind the counter, check the cool. You'll often find the RH folks there soaking up the sun on slow days.

SLOANE MERCANTILE

17 E. Allen St., Winooski, sloanemercantile.com

This arby Winooski boutique is like the thrift version of a general store. It's got chic secondhand clothing, new and used records, locally made art and crafts, vintage furnishings, and a lovely view of the infamous Onion City traffic circle.

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— Gawker, July 17, 2015



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Ask Athena

Q&A with *Seven Days'* expert on love and lust

I want to pledge a frat, but I'm gay and have a crush on one of the guys in it. Do you think it's a bad idea? I don't think he's gay...

—Crushing in Coolidge

Here's a question for you: How much do you want your heart to hurt?

Think about it. If you pledge and this guy turns out to be straight, or simply isn't into you, you'll be living together and seeing him with other love interests all the time. Don't set yourself up for disappointment. There are other frats to join, I'm sure. Stay away from this one.



I'm shy, and I'm having trouble meeting people outside of my dorm and classes. I'm really interested in finding someone to date, but I have no idea where to begin. Help!

—Loner in Lyman

I promise you're not the only person feeling like a loner — it's tough to find your social footing in college! Luckily, there are lots of on-campus activities, clubs and organiza-

tions to join. Look for something that excites you — it could be a bocce ball league or a volunteer group; whatever tickles your fancy. You're more likely to connect with someone when you're both doing something you enjoy.

Bottom line: You can't just wallow in shyness in your dorm. You have to get out there and open up to people. Reach outside your comfort zone and sit next to that attractive someone in the library. Smile. Say hi. You'll be surprised how easy it can be once you make the first move.

I think I might be lesbian or bi. Whatever it is, I'd like to hook up with another girl. How the heck do I bring that up?

— *Trying Things Out in Tupper*

Everyone discovers their sexuality at a different time. Kudos to you for being brave enough to explore yours!

If you already know and like someone who is gay, talk to her. Tell her that, although you're a little confused, you're attracted to her — and ask if she's game for the adventure. If you don't have a specific crush in mind ... well, you're in college. There are lots of single girls to choose from. Just be up-front about the fact that you're experimenting. You don't want your road to self-discovery to be lined with broken hearts.

I want to try a vibrator. Which should I get?

— *Self-Satisfaction in Summit*



There's no one-size-fits-all answer to your question — pun intended. Just 'cause a vibe works for your hands doesn't mean it'll work for you. You might like a body wand or massager, which is great for stimulating your clt. In that case, try the Hitachi Magic Wand. If you're looking for some serious G-spot attention, try the Lelo Gigi 2 or Doc Johnson Lucid Dream. And then there's my personal favorite: the Rabbit. The dual-stimulation vibrator is the best of both worlds. Happy shopping!

My roommate woke up while I was masturbating the other day. It was super obvious, and now he's totally weird around me. What do I do?

— *Masturbator in Marsh*

Whoopie! It's not the end of the world; he'll get over it eventually. In the meantime, you have two choices: Pretend it never happened, give him some space and wait for it to blow over. Or tell him you're super embarrassed and that it won't happen again. Then stick to your word and find more private moments to get yourself off.

I think my girlfriend is faking her orgasms. How can I tell for sure, and what should I do?

— *Suspicious in Skinner*

Is she a theater major? Just kidding. You can't tell, really. Some women are very good at faking it.

I say ask her. Don't be accusatory, but say that you're feeling unsure of her satisfaction lately. Let her know you really care about her and want your sexual relationship to be honest and enjoyable.

If she's faking, it might just be because she's uncomfortable showing you how to please her. That's common, and I'm sure she's trying to protect your feelings. This doesn't mean that you aren't able to satisfy her or that she won't ever climax for real. Ask her to share what makes her feel good, and work together on making sex amazing for both of you.

Is it true that a one-night stand will never lead to a relationship? My friends keep telling me that, but I keep hooking up, sometimes hoping these encounters will become something more.

— *Horny in Hodson Hall*

Yes and no. Listen, one-night stands have certainly been known to lead to lasting love. But they can backfire, too. If you give up the goods right away, there's no exciting anticipation, no buildup. And sometimes it comes off as desperate.

If you like someone, it doesn't hurt to wait and see how he or she really feels about you before jumping into bed. What's the rush? I'm not saying you have to cease your one-night standing. But when the sun comes up, your time with so-and-so might be up, too. **awg**

Ask Athena is a weekly column in *Seven Days*. Got a question for Athena? Ask anonymously at sevendaysnvt.com.

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